



*Nurturing &  
growing together*

## **GOVERNORS OF STAR PRIMARY SCHOOL**

### **Food Policy**

#### **School Mission Statement:**

*At Star Primary School we believe that everyone is equally loved and accepted.*

*Acknowledging the diversity of our community, we...*

- *Provide a broad and balance curriculum encouraging every child to take the opportunity to achieve their full potential;*
- *Nurture positive home, school and community relationships;*
- *Promote tolerance and respect for all people and the world we live in.*

By order of the Governing Body of Star Primary School

(Signed) \_\_\_\_\_ Dated \_\_\_\_\_  
(Head Teacher)

(Signed) \_\_\_\_\_ Dated \_\_\_\_\_  
(Governor)

**Policy Date: September 2016**

**Review Date: September 2019**

# **Star Primary School**

## **Introduction:**

*We value all members of the school community and seek to promote the health and well-being of all members as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of our health and well-being and thus contribute to all being able to learn effectively. We recognise that food and drink play an important role in our different cultures and for all of our emotional and social well-being and are committed to communicating consistent messages across the school.*

The purpose of this policy is to inform all members of the school community and implement systems and structures to be consistent about the food and drink provision at our school.

The scope of this policy encompasses all food and drink consumed on the school site and as part of a school activity. It aims to promote the Eatwell Plate (see Fig 1 below) - a healthy diet is defined as one where there is a balance of food and drink providing the nutrients required in the right amounts. It also promotes sustainability through reduced packaging, responsible recycling and disposal of the waste produced by food and drink.



**Fig 1**

## **Aims and objectives:**

Our aim is for all aspects of school life to promote the health and well-being of all members of the school community, including food and nutrition, as part of our commitment to being a Healthy School.

### **Objectives:**

- To set out a consistent approach to food and drink provision throughout the school day

- That all our pupils learn about food and drink as part of a curriculum that supports health and well-being
- To provide high quality school meals to our pupils, within the resources available
- To provide suitable social settings for pupils and staff to consume food and drink
- To work in partnership with parents and carers

### **The Curriculum:**

Teaching about food and drink forms part of the curriculum in: science/design and technology; PSHE and citizenship, PE, literacy; RE.

In Year 4, the children are visited by a professional chef through the Chef's Adopt a School programme, run by the Royal Academy of Culinary Arts. They learn about the different tastes on the tongue, prepare a fresh salad and visit the chef at his workplace to assist in making lunch for themselves and members of staff.

In Year 5, the children take part in a series of lessons celebrating seasonal ingredients. They adapt recipes to include these seasonal ingredients, go shopping to buy them locally and then cook their recipes for a three course celebration lunch for themselves, their teachers and the Head Teacher. They use the kitchens at Eastlea to do this.

Wherever possible, practical and active teaching and learning opportunities will be provided for pupils, in particular to develop food preparation skills, in the analysis of food and in maintaining personal health. Lessons using the creative learning opportunities of food and drink will also be developed across the curriculum.

The whole school nature of learning about food and drink is reinforced through assemblies and in celebrations. When visitors, such as parents or specialist cooks, are involved in lessons about food and drink, they will work in accordance with this policy and always with a member of the teaching staff present.

### **Food and drink provision**

- School meals:

School meals are provided by Lunchtime and follow the nutritional guidelines set out by the Department for Education and Caroline Walker Trust. The implementation of national nutritional standards and information about the style of service and menu content are identified in the catering contract. This contract specification forms part of this food policy.

Steps will be taken to excite and motivate pupils to try new foods, and also to involve and consult with pupils and parents/carers about school meals. These could include theme days and tasting sessions and menus will be displayed prominently. We are committed to non-discriminatory procedures to ensure all pupils who are eligible for free school meals take up their entitlement.

The importance of pupils and staff having enough time to eat and digest lunch will be taken into account when planning the school day.

- Special dietary needs:

Parents/carers are expected to inform schools of allergies and other diet related medical conditions. The school will support pupils with special dietary needs during the school day.

- Packed lunches:

The school is committed to informing pupils and parents/carers about approaches to the preparation of a packed lunch that is balanced and healthy. The school will identify areas for the eating of packed lunches where pupils can have easy access to drinking water and facilities to dispose/recycle waste.

- Celebrations, treats and rewards:

The school recognises that food is often an important element of celebrations and will ensure that healthy options are available.

- Drinks:

The school recognises the contribution that the consumption of sufficient water makes to learning, positive behaviour and health. The school will meet its legal requirement to make clean, palatable water available to all pupils and staff throughout the school day. Parents/carers will be encouraged to provide an appropriate container for drinking water and ensure that containers are kept clean. Parents/carers will be provided with information about the value of drinking sufficient water.

- Dining environment:

The school aims that all eating environments are welcoming and encourage the positive social interaction of pupils and staff. The school will specify areas for eating meals and will ensure all such areas have easy access to drinking water and facilities to dispose of/recycle waste.

## **Extended school and social activities**

The school will endeavour to ensure that all school social events and school clubs operate consistently within the objectives of this policy.

- Breakfast club and after school club:

The after school club and breakfast club will provide healthy and tasty foods in accordance with national nutritional standards and ensure food is prepared in healthy and safe conditions by trained staff.

- Partnership with parents:

The school will work actively with parents / carers around food and diet. This will include:

- Menu consultation and tasting of school dinners;
- Information about a balanced and healthy packed lunch;
- Involvement in the healthy school group;
- The availability of an appropriate designated area for breast feeding, and other infant feeding.

- School events:

All events will aim to take place consistently with this policy.

## **Continuing professional development (CPD)**

All school staff and governors will have access to opportunities for CPD to support the implementation of this policy. The CPD needs of particular groups of staff, for example Midday Supervisory Assistants and teachers of DT, will be addressed to encourage consistent implementation at lunchtime and around food technology.

## **Health and safety**

All food preparation will adhere to the school's health and safety policy and be carried out according to good food hygiene and preparation standards. Health and safety remains the responsibility of all staff. Wherever possible, food preparation will be carried out in designated areas in the school and an equipment inventory for food technology will be maintained and audited by the DT coordinator.

The school's risk assessment procedures will include consideration of food hygiene. Parents/ carers should notify the school in writing of any special medical dietary needs and the school will work in the best interests of the child.

### Allergies

Details are kept in the medical records book. Class teachers and middays are made aware.

## **Implementation**

The implementation of the Food Policy is the responsibility of the school's healthy school group, which will consider aspects of healthy eating as part of developments in the school. Key stage coordinators are responsible for the coordination of the curriculum in relation to food, drink and nutrition.

Steps will be taken to consult with pupils, including via the school council, about food and drink provision at school. Opportunities will be taken to inform parents/carers about the policy, and to respond to comments.

There is a named governor for monitoring the food policy, including the provision of school meals. This governor will include consideration of the food and drink available as part of their visits to school.

## **Monitoring and Review**

The monitoring of this policy will be the responsibility of the Head/Deputy Head. There will be an annual report to the governing body about aspects of food and drink at school. Progress with the healthy eating part of healthy school developments will be monitored as part of school improvement planning.

Individual subject curriculum policies will set out the learning elements which relate to food and drink and these will be monitored as part of regular subject monitoring. This policy will be subject to a formal review every three years or sooner if significant changes occur.

Date of policy:

Signed by:

Source: <http://www.school-portal.co.uk/GroupDownloadFile.asp?ResourceId=3544602>